LCD Entertainment System

User manual

CORPORATE HEADQUARTERS

10601 West Belmont Avenue
Franklin Park, Illinois 60131 • U.S.A.
847.288.3300 • FAX: 847.288.3703
800.735.3867 (Toll-free within U.S.A., Canada)

INTERNATIONAL OFFICES

LIFE FITNESS ASIA PACIFIC LTD
Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
FAX: (+852) 2575.6001

LIFE FITNESS ATLANTIC BV
LIFE FITNESS BENELUX
Bijdorpplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180.646.666
FAX: (+31) 180.646.699

LIFE FITNESS BENELUX NV
Parc Industriel de Petit-Rechain
4800 Verviers
BELGIUM
Telephone: (+32) 87.300.942
FAX: (+32) 87.300.943

LIFE FITNESS DO BRAZIL
Av. Dr. Dib Sauaia Neto 1478
Alphaville, Barueri, SP
06465-140
BRAZIL
Telephone (+55) 11.4193.8282
FAX: (+55) 11.4193.8283

LIFE FITNESS AUSTRIA
Vertriebs GmbH
Hintschiggasse 1
1100 Vienna
AUSTRIA
Telephone: (+43) 1.61 57 198
FAX: (+43) 1.61 57 198.20

LIFE FITNESS IBERIA
Pol. Ind. Molí dels Frares. c/C, nº 12
08620 Sant Vicenç dels Horts (Barcelona)
España
Telephone: (+34) 93.672.4660
FAX: (+34) 93.672.4670

LIFE FITNESS EUROPE GMBH
Siemensstrasse 3
85716 Unterschleissheim
GERMANY
Telephone: (+49) 89.31 77 51.0
FAX: (+49) 89.31 77 51.99

LIFE FITNESS ITALIA S.R.L.
Via San Pieretto
37010 AFFI (Verona)
ITALY
Telephone: (+39) 045.7238204
FAX: (+39) 045.7238197

LIFE FITNESS LATIN AMERICA and CARIBBEAN
10601 West Belmont Avenue
Franklin Park, Illinois 60131
U.S.A.
Telephone: (+1) 847.288.3300
FAX:(+1) 847.288.3762

LIFE FITNESS UK LTD
Queen Adelaide
Ely, Cambs CB7 4UB
UNITED KINGDOM
Telephone: (+44) 1.353.666 017
FAX: (+44) 1.353.666 018

LIFE FITNESS JAPAN
Nippon Brunswick Bldg., #8F
5-27-7 Sendagaya
Shibuya-Ku, Tokyo
Japan 151-0051
Telephone: (+81) 3.3359.4309
FAX: (+81) 3.3359.4307

M051-00K32-B003

NOTE: *This equipment has been tested and found to comply with the limits for a Class B digital device pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference with radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:*

- Reorient or relocate the receiving antennas.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

Mise en garde : tout changement ou toute modification de ce matériel peut annuler la garantie du produit.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user serviceable parts.

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IMPORTANT SAFETY INSTRUCTIONS

- **DANGER:** To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.
- **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- **WARNING:** To prevent injury, this product must be securely attached in accordance with the installation instructions.
- Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. If this occurs, contact Life Fitness Customer Support Services as outlined in *Service Contacts* at the end of this manual.
- Position this product so that the AC power cord plug is accessible to the user.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.
- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Always follow the product instructions for proper operation.
- Never insert objects into any opening of the Life Fitness product. If an object should drop inside, unplug this Life Fitness product and carefully retrieve it while the unit is not in use. If the object cannot be reached, contact Life Fitness Customer Support Services.
- Do not use this product outdoors, near swimming pools or in areas of high humidity. Do not expose this product to dripping or splashing liquids .If the product should be exposed to liquid, contact Life Fitness Customer Support Services.
- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair, or any obstructing material.
- Use this product only for its intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

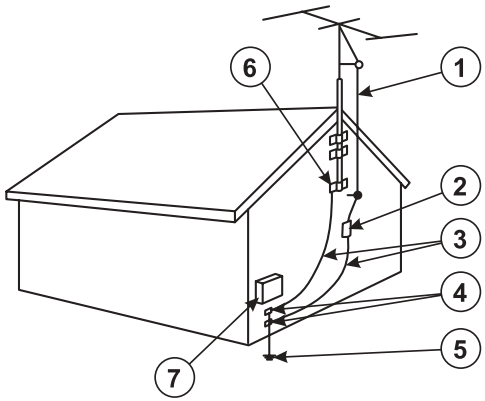
- **DANGER:** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil Life Fitness avant le nettoyage ou toute mesure d'entretien.
- **AVERTISSEMENT**: Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.
- **AVERTISSEMENT** Pour prévenir les blessures, ce produit doit être solidement fixé, conformément aux instructions d'installation.
- Ne jamais faire fonctionner un produit Life Fitness dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Si cela se produit, communiquer avec le service à la clientèle de Life Fitness de la manière indiquée à la rubrique Coordonnées des réparateurs agréés à la fin du présent guide.
- Placer l'appareil de façon à ce que l'utilisateur ait accès à la fiche du cordon d'alimentation.
- Tenir le cordon d'alimentation à l'écart de toute surface chauffée. Ne pas tirer l'appareil par le cordon d'alimentation; ne pas utiliser le cordon comme poignée.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Ne pas utiliser ce produit dans des salles où des vaporisateurs aérosols sont employés ou bien où de l'oxygène est administré. Ces substances créent des risques de combustion et d'explosion.
- Toujours suivre les instructions sur le produit pour s'assurer de son fonctionnement adéquat.
- Ne jamais insérer aucun objet dans les ouvertures du produit Life Fitness. Si un objet tombe à l'intérieur du produit Life Fitness, le débrancher et extraire l'objet soigneusement pendant que l'appareil est débranché. S'il est impossible d'atteindre l'objet, communiquer avec le service à la clientèle de Life Fitness.
- Ne pas utiliser ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides. Ne pas exposer ce produit à des liquides qui s'égouttent ni à des éclaboussures. Si le produit est en contact avec des liquides, communiquer avec le service à la clientèle de Life Fitness.
- Ne jamais faire fonctionner d'appareil Life Fitness dont les orifices d'aération seraient bloqués. Les garder exempts de peluches, de cheveux ou de toute obstruction.
- Utiliser ce produit uniquement pour les fins auxquelles il est destiné et de la manière décrite dans le présent manuel. Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.

CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.

Note to the CATV Installer:

This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building as close to the point of cable entry as practical.

Antenna Grounding According to the NEC

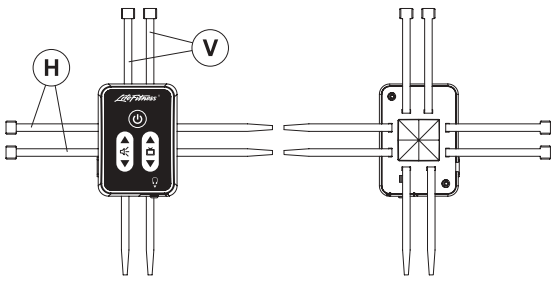


Antenna Grounding According to the National Electrical Code, ANSI/NFPA 70.

1. Antenna lead in wire
2. Antenna discharge unit (NEC Section 810-20)
3. Grounding conductors (NEC Section 810-21)
4. Ground clamp
5. Power service grounding electrode system (NEC Article 250, Part H)
6. Ground clamp
7. Electric service equipment

Remote Control Cable Tie Orientation

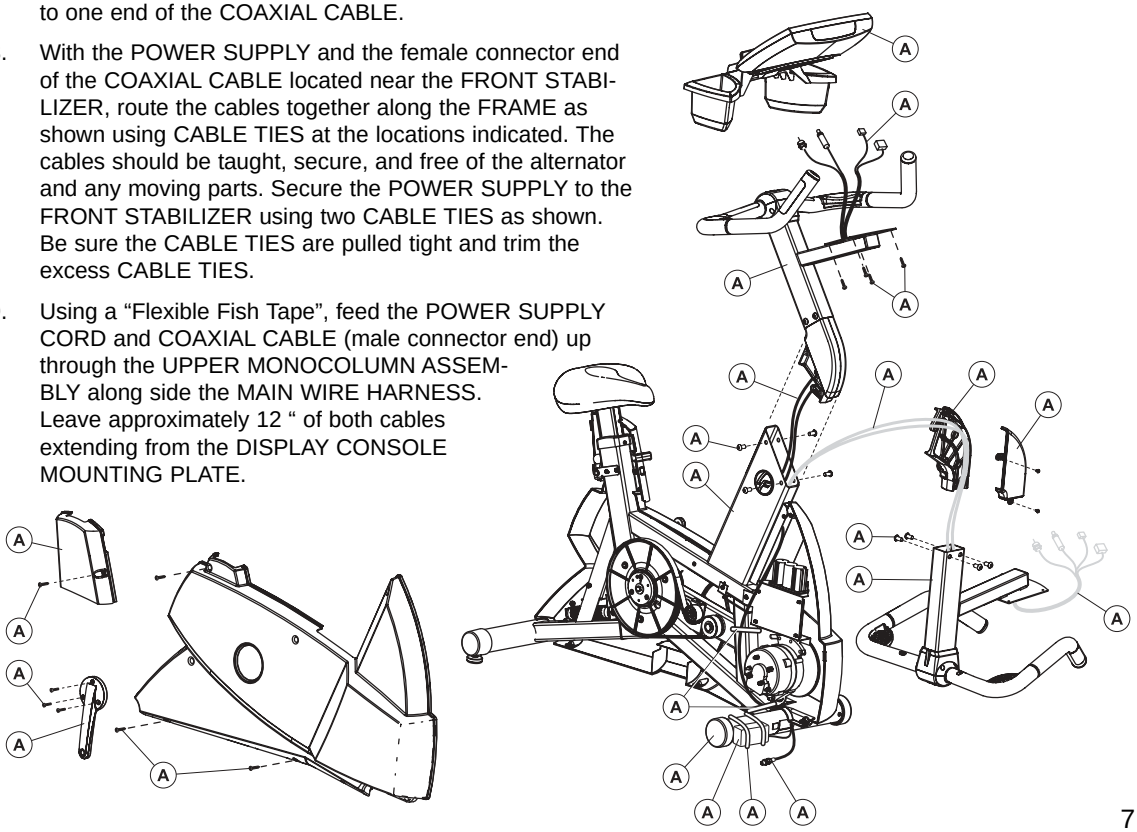
The remote control is shipped with four cable ties pre-installed. Only two are required, either vertically or horizontally, for installation on any given product. For a vertical installation, carefully remove the horizontal cable ties (H). For a horizontal installation, carefully remove the vertical cable ties (V).



MODELS 9500HR, 9100, 8500, 95CI, 93C, 90C UPRIGHT EXERCISE BIKES

TOOLS REQUIRED: *Phillips Screwdriver, Side Cutters, 1/8" Allen Wrench, T-20 Torx Driver, T-30 Torx Driver, T-45 Torx Driver,* Flexible Fish Tape

1. Remove the three SCREWS securing the user RIGHT CRANK ARM. Set the SCREWS and CRANK ARM aside.
2. Remove the SCREW securing the SEAT POST SHROUDS. Remove the SEAT POST SHROUDS and set them aside.
3. Remove the seven SCREWS securing the RIGHT SHROUD to the LEFT SHROUD. Set the SCREWS and SHROUD aside.
4. Remove the four SCREWS securing the DISPLAY CONSOLE to the CONSOLE MOUNTING PLATE. Carefully raise the DISPLAY CONSOLE from the MOUNTING PLATE and disconnect all CONNECTORS. Note the locations of all CONNECTORS. Set the DISPLAY CONSOLE and SCREWS aside.
5. Remove the lower four MONOCOLUMN SCREWS. Carefully raise the UPPER MONOCOLUMN ASSEMBLY from the LOWER MONOCOLUMN. Without straining the MAIN WIRE HARNESS, pivot the UPPER MONOCOLUMN ASSEMBLY downward and set it next to the BASE unit as shown.
6. Remove the four UPPER MONOCOLUMN SCREWS and remove THE MONOCOLUMN COUPLER. Remove the two SCREWS securing one side of the MONOCOLUMN COUPLER SHROUD as shown.
7. Locate the COAXIAL CABLE and FEMALE-FEMALE COUPLER. Attach the FEMALE-FEMALE COUPLER to one end of the COAXIAL CABLE.
8. With the POWER SUPPLY and the female connector end of the COAXIAL CABLE located near the FRONT STABILIZER, route the cables together along the FRAME as shown using CABLE TIES at the locations indicated. The cables should be taught, secure, and free of the alternator and any moving parts. Secure the POWER SUPPLY to the FRONT STABILIZER using two CABLE TIES as shown. Be sure the CABLE TIES are pulled tight and trim the excess CABLE TIES.
9. Using a "Flexible Fish Tape", feed the POWER SUPPLY CORD and COAXIAL CABLE (male connector end) up through the UPPER MONOCOLUMN ASSEMBLY along side the MAIN WIRE HARNESS. Leave approximately 12 " of both cables extending from the DISPLAY CONSOLE MOUNTING PLATE.



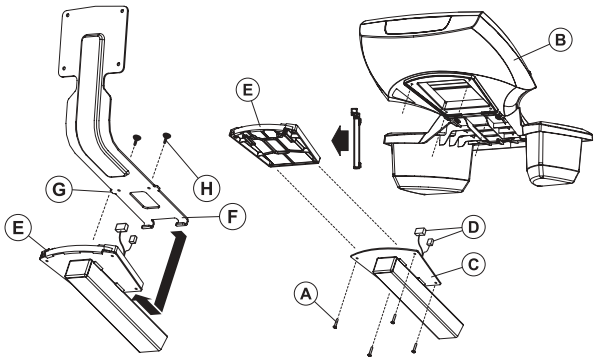
10. Position the MONOCOLUMN COUPLER near the bottom of the UPPER MONOCOLUMN ASSEMBLY. Position the MAIN WIRE HARNESS, POWER SUPPLY CORD, and COAXIAL CABLE alongside the MONOCOLUMN COUPLER. Position the previously removed MONOCOLUMN COUPLER SHROUD over all cables and secure the SHROUD in place using the two previously removed SCREWS. Be careful not to pinch any of the cables when re-installing the MONOCOLUMN COUPLER SHROUD.

11. Place THE MONOCOLUMN COUPLER back into position on the UPPER MONOCOLUMN ASSEMBLY and secure it using the four removed SCREWS. Tighten the SCREWS to 28-32 ft.-lbs.

12. Lift the UPPER MONOCOLUMN ASSEMBLY into its upright position near the top of the LOWER MONOCOLUMN. Feed any excess cables into the LOWER MONOCOLUMN and insert the UPPER MONOCOLUMN ASSEMBLY into the LOWER MONOCOLUMN. Secure the UPPER MONOCOLUMN ASSEMBLY using the four removed SCREWS. Tighten the SCREWS to 15-20 ft.-lbs. Be careful not to pinch any of the cables when re-installing the UPPER MONOCOLUMN ASSEMBLY.

13. Locate the SPACER. With the SPACER oriented as shown, feed all the previously removed CONNECTORS, power supply cord, and coaxial cable through the large center hole in the SPACER. Slide the SPACER onto the DISPLAY CONSOLE MOUNTING PLATE making sure the top of the SPACER hooks over the top of the DISPLAY CONSOLE MOUNTING PLATE. Align the mounting holes of the SPACER and DISPLAY CONSOLE MOUNTING PLATE.

14. Locate the MOUNTING BRACKET. With the MOUNTING BRACKET oriented as shown, feed all the CONNECTORS through the large center hole in the MOUNTING BRACKET. Route the power supply cord and coaxial cable through the channel located at the top of the spacer. Align the LOCATING TABS of the MOUNTING BRACKET with the tab slots and position the MOUNTING BRACKET into the center channel of the SPACER. Slide the MOUNTING BRACKET upward until it locks solidly in the SPACER. Secure the MOUNTING BRACKET to the SPACER using two FLAT HEAD SCREWS. Tighten the SCREWS securely.



15. Locate the REMOTE CONTROL. Remove the two HORIZONTAL CABLE TIES (H) for a VERTICAL (V) installation.

16. Remove the four SCREWS securing the TOP POLAR COVER to the BOTTOM POLAR COVER and remove the TOP POLAR COVER.

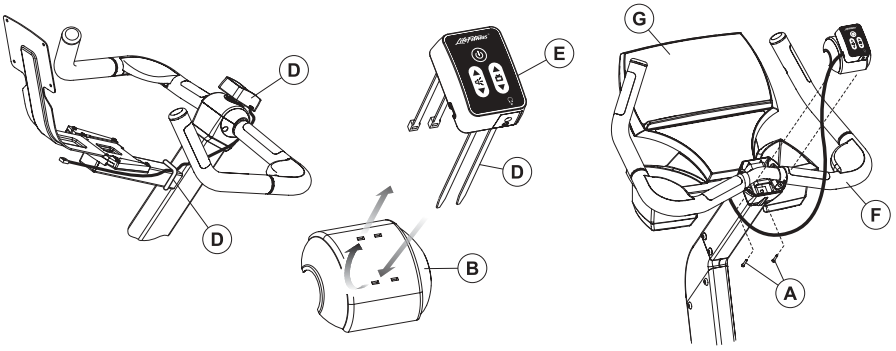
17. Locate the provided new TOP POLAR COVER with mounting slots. Carefully pull the lead end of each CABLE TIE until the receptor end meets the bottom of the REMOTE CONTROL .

18 Feed both lead ends of the CABLE TIES throught the bottom mounting slots of the TOP POLAR COVER as shown. Loop the lead ends of the CABLE TIES upward through the top mounting slots. Feed the CABLE TIES through until the bottom of the REMOTE CONTROL contacts the TOP POLAR COVER.

19. Feed the lead ends of the CABLE TIES through the receptor ends and slowly pull them tight, alternating between the two CABLE TIES. The remote control should now be snug against the TOP POLAR COVER.

Trim the excess length of CABLE TIES.

20. Install the new TOP POLAR COVER to the BOTTOM POLAR COVER using the four previously removed SCREWS.



21. Loop the CONNECTOR CABLE under the HANDLEBARS and secure it to the top of the CONSOLE EXTENSION TUBE using one CABLE TIE at the location shown.

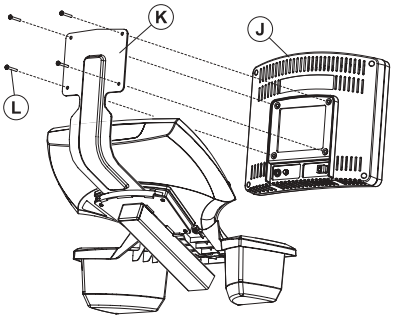
22. Position the DISPLAY CONSOLE near the MOUNTING BRACKET and re-connect all CONNECTORS to the rear of the DISPLAY CONSOLE. Place the DISPLAY CONSOLE onto the MOUNTING BRACKET and secure it using the four new 1-1/2" SCREWS supplied. Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

CAUTION: *Do not pinch any wires when assembling the DISPLAY CONSOLE to the MOUNTING BRACKET.*

23. Attach the ENTERTAINMENT CONSOLE to the UPPER MOUNTING PLATE using four SCREWS. Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

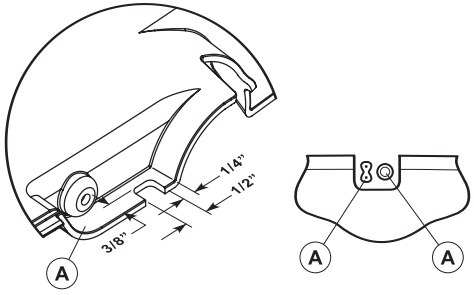
24. Connect the COAXIAL CABLE, POWER CABLE and REMOTE CABLE to the rear of the ENTERTAINMENT CONSOLE as shown under *Console Cable Connections* at the end of this section.

25. CABLE TIE any excess cable together behind the ENTERTAINMENT CONSOLE and position the cables between the ENTERTAINMENT CONSOLE BRACKET and the DISPLAY CONSOLE.



26. Create a notch in the lower front of the RIGHT SHROUD as shown. With the POWER CORD and COAXIAL CABLE routed through the notch, replace the RIGHT SHROUD and secure it to the LEFT SHROUD using the seven previously removed SCREWS. Tighten the SCREWS securely. do not over-tighten the SCREWS.

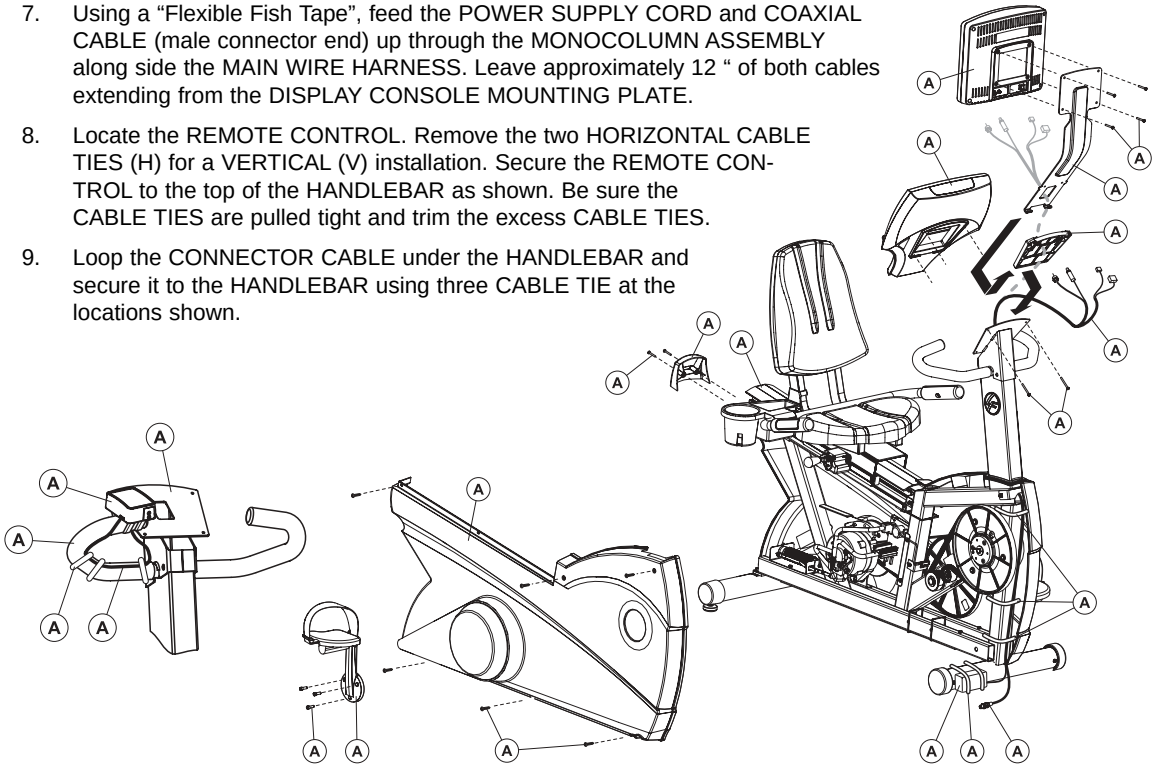
26. Reverse STEPS 1 and 2 to return the SEAT POST SHROUDS and RIGHT CRANK ARM to their proper positions. Tighten the CRANK ARM SCREWS to 15-20 ft.-lbs.



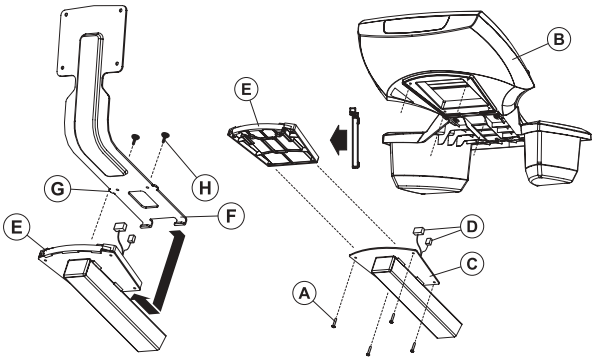
MODELS 9500HR, 9100, 8500, 95Ri, 93R, 90R RECUMBENT EXERCISE BIKES

TOOLS REQUIRED: *Phillips Screwdriver, Side Cutters, 1/8" Allen Wrench, T-20 Torx Driver, T-30 Torx Driver, Flexible Fish Tape*

1. Remove the three SCREWS securing the user RIGHT CRANK ARM. Set the SCREWS and CRANK ARM aside.
2. Remove the two SCREWS securing the REAR CAP to the SEAT EXTRUSION. Remove the REAR CAP and set it and the SCREWS aside.
3. Remove the seven SCREWS securing the RIGHT SHROUD to the LEFT SHROUD. Set the SCREWS and SHROUD aside.
4. Remove the four SCREWS securing the DISPLAY CONSOLE to the CONSOLE MOUNTING PLATE. Carefully raise the DISPLAY CONSOLE from the MOUNTING PLATE and disconnect all CONNECTORS. Note the locations of all CONNECTORS. Set the DISPLAY CONSOLE and SCREWS aside.
5. Locate the COAXIAL CABLE and FEMALE-FEMALE COUPLER. Attach the FEMALE-FEMALE COUPLER to one end of the COAXIAL CABLE.
6. With the POWER SUPPLY and the female connector end of the COAXIAL CABLE located near the FRONT STABILIZER, route the cables together along the FRAME as shown using CABLE TIES at the locations indicated. The cables should be taught, secure, and free of the alternator and any moving parts. Secure the POWER SUPPLY to the FRONT STABILIZER using two CABLE TIES as shown. Be sure the CABLE TIES are pulled tight and trim the excess CABLE TIES.
7. Using a "Flexible Fish Tape", feed the POWER SUPPLY CORD and COAXIAL CABLE (male connector end) up through the MONOCOLUMN ASSEMBLY along side the MAIN WIRE HARNESS. Leave approximately 12 " of both cables extending from the DISPLAY CONSOLE MOUNTING PLATE.
8. Locate the REMOTE CONTROL. Remove the two HORIZONTAL CABLE TIES (H) for a VERTICAL (V) installation. Secure the REMOTE CONTROL to the top of the HANDLEBAR as shown. Be sure the CABLE TIES are pulled tight and trim the excess CABLE TIES.
9. Loop the CONNECTOR CABLE under the HANDLEBAR and secure it to the HANDLEBAR using three CABLE TIE at the locations shown.



10. Locate the SPACER. With the SPACER oriented as shown, feed all the previously removed CONNECTORS, POWER SUPPLY CORD, and COAXIAL CABLE through the large center hole in the SPACER. Slide the SPACER onto the DISPLAY CONSOLE MOUNTING PLATE making sure the top of the SPACER hooks over the top of the DISPLAY CONSOLE MOUNTING PLATE. Align the mounting holes of the SPACER and DISPLAY CONSOLE MOUNTING PLATE. Push excess cable into the MONO-COLUMN leaving approximately 12” of cable extending from the SPACER.



11. Locate the MOUNTING BRACKET. With the MOUNTING BRACKET oriented as shown, feed all the CONNECTORS through the large center hole in the MOUNTING BRACKET. Route the POWER SUPPLY CORD and COAXIAL CABLE through the channel located at the top of the spacer. Align the LOCATING TABS of the MOUNTING BRACKET with the tab slots and position the MOUNTING BRACKET into the center channel of the SPACER. Slide the MOUNTING BRACKET upward until it locks solidly in the SPACER. Secure the MOUNTING BRACKET to the SPACER using two FLAT HEAD SCREWS. Tighten the SCREWS securely.

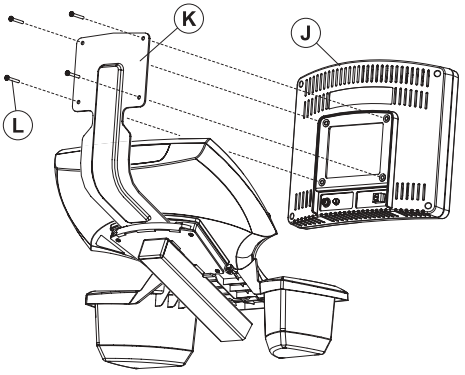
12. Position the DISPLAY CONSOLE near the MOUNTING BRACKET and re-connect all CONNECTORS to the rear of the DISPLAY CONSOLE. Place the DISPLAY CONSOLE onto the MOUNTING BRACKET and secure it using the four new 1-1/2" SCREWS supplied. Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

    CAUTION: Do not pinch any wires when assembling the DISPLAY CONSOLE to the MOUNTING BRACKET.

13. Attach the ENTERTAINMENT CONSOLE to the UPPER MOUNTING PLATE using four SCREWS. Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

14. Connect the COAXIAL CABLE, POWER CABLE and REMOTE CABLE to the rear of the ENTERTAINMENT CONSOLE as shown under *Console Cable Connections* at the end of this section.

15. CABLE TIE any excess cable together behind the ENTERTAINMENT CONSOLE and position the cables between the ENTERTAINMENT CONSOLE BRACKET and the DISPLAY CONSOLE.



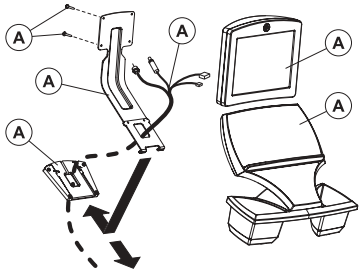
16. Reverse STEPS 1 through 3 to return the RIGHT SHROUD, SEAT POST SHROUDS and RIGHT CRANK ARM to their proper positions. Tighten the CRANK ARM SCREWS to 15-20 ft.-lbs.

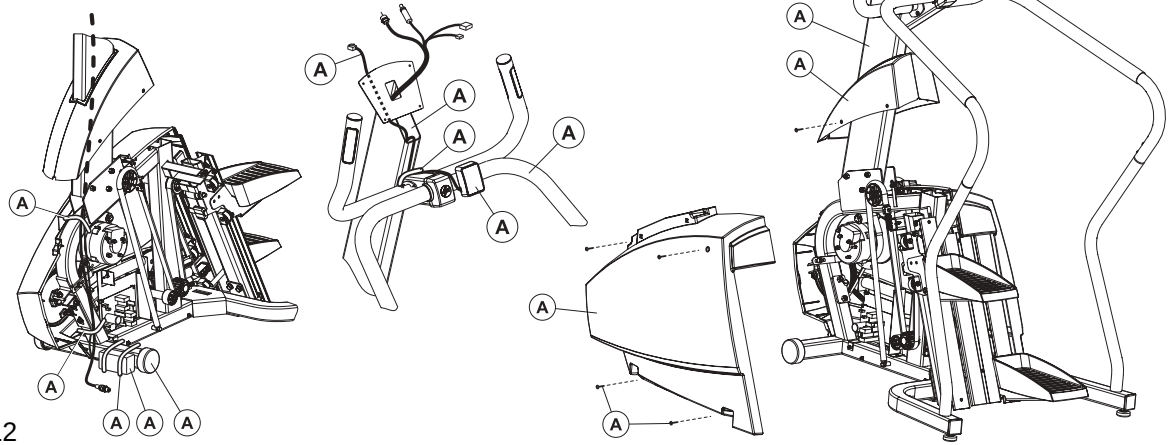
INSTALLATION

MODELS 9500HR, 9100, 8500, 95Si, 93S, 90S STAIRCLIMBERS

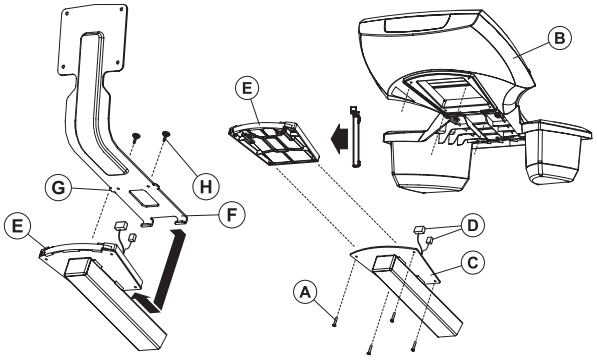
TOOLS REQUIRED: *Phillips Screwdriver, 1/8" Allen Wrench, Side Cutters, Flexible Fish Tape*

1. Remove the four SCREWS securing the MONOCOLUMN SHROUD to the MAIN SHROUDS. Set the SCREWS aside. Raise the MONOCOLUMN SHROUD upward off of the MAIN SHROUDS.
2. Remove the five SCREWS securing the LEFT SHROUD to the RIGHT SHROUD. Remove the LEFT SHROUD and set it and the SCREWS aside.
3. Remove the seven SCREWS securing the RIGHT SHROUD to the LEFT SHROUD. Set the SCREWS and SHROUD aside.
4. Remove the four SCREWS securing the DISPLAY CONSOLE to the CONSOLE MOUNTING PLATE. Carefully raise the DISPLAY CONSOLE from the MOUNTING PLATE and disconnect all CONNECTORS. Note the locations of all CONNECTORS. Set the DISPLAY CONSOLE and SCREWS aside.
5. Locate the COAXIAL CABLE and FEMALE-FEMALE COUPLER. Attach the FEMALE-FEMALE COUPLER to one end of the COAXIAL CABLE.
6. With the POWER SUPPLY and the female connector end of the COAXIAL CABLE located near the FRONT STABILIZER, route the cables together along the FRAME as shown using CABLE TIES at the locations indicated. The cables should be taught, secure, and free of the alternator and any moving parts. Be sure the CABLE TIES are pulled tight and trim the excess CABLE TIES. Secure the POWER SUPPLY to the FRONT STABILIZER using two CABLE TIES as shown.
7. Using a "Flexible Fish Tape", feed the POWER SUPPLY CORD and COAXIAL CABLE (male connector end) up through the MONOCOLUMN ASSEMBLY along side the MAIN WIRE HARNESS. Leave approximately 12 " of both cables extending from the DISPLAY CONSOLE MOUNTING PLATE.
8. Locate the REMOTE CONTROL. Remove the two HORIZONTAL CABLE TIES (H) for a VERTICAL (V) installation. Secure the REMOTE CONTROL to the top of the HANDLEBAR as shown. Be sure the CABLE TIES are pulled tight and trim the excess CABLE TIES.
9. Loop the CONNECTOR CABLE under the HANDLEBAR and secure it to the top of the CONSOLE EXTENSION TUBE using one CABLE TIE at the location shown.





10. Locate the SPACER. With the SPACER oriented as shown, feed all the previously removed CONNECTORS, POWER SUPPLY CORD, and COAXIAL CABLE through the large center hole in the SPACER. Slide the SPACER onto the DISPLAY CONSOLE MOUNTING PLATE making sure the top of the SPACER hooks over the top of the DISPLAY CONSOLE MOUNTING PLATE. Align the mounting holes of the SPACER and DISPLAY CONSOLE MOUNTING PLATE. Push excess cable into the MONOCOLUMN leaving approximately 12” of cable extending from the SPACER.



11. Locate the MOUNTING BRACKET. With the MOUNTING BRACKET oriented as shown, feed all the CONNECTORS through the large center hole in the MOUNTING BRACKET. Route the POWER SUPPLY CORD and COAXIAL CABLE through the channel located at the top of the spacer. Align the LOCATING TABS of the MOUNTING BRACKET with the tab slots and position the MOUNTING BRACKET into the center channel of the SPACER. Slide the MOUNTING BRACKET upward until it locks solidly in the SPACER. Secure the MOUNTING BRACKET to the SPACER using two FLAT HEAD SCREWS. Tighten the SCREWS securely.

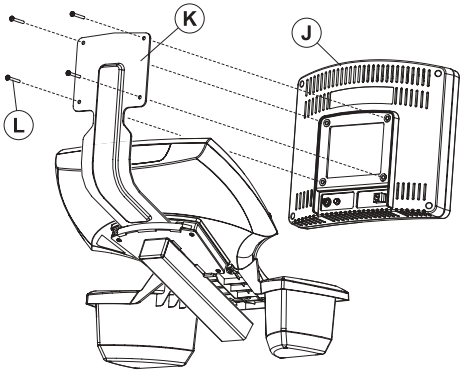
12. Position the DISPLAY CONSOLE near the MOUNTING BRACKET and re-connect all CONNECTORS to the rear of the DISPLAY CONSOLE. Place the DISPLAY CONSOLE onto the MOUNTING BRACKET and secure it using the four new 1-1/2" SCREWS supplied. Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

    CAUTION: *Do not pinch any wires when assembling the DISPLAY CONSOLE to the MOUNTING BRACKET.*

13. Attach the ENTERTAINMENT CONSOLE to the UPPER MOUNTING PLATE using four SCREWS. Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

14. Connect the COAXIAL CABLE, POWER CABLE and REMOTE CABLE to the rear of the ENTERTAINMENT CONSOLE as shown under *Console Cable Connections* at the end of this section.

15. CABLE TIE any excess cable together behind the ENTERTAINMENT CONSOLE and position the cables between the ENTERTAINMENT CONSOLE BRACKET and the DISPLAY CONSOLE.

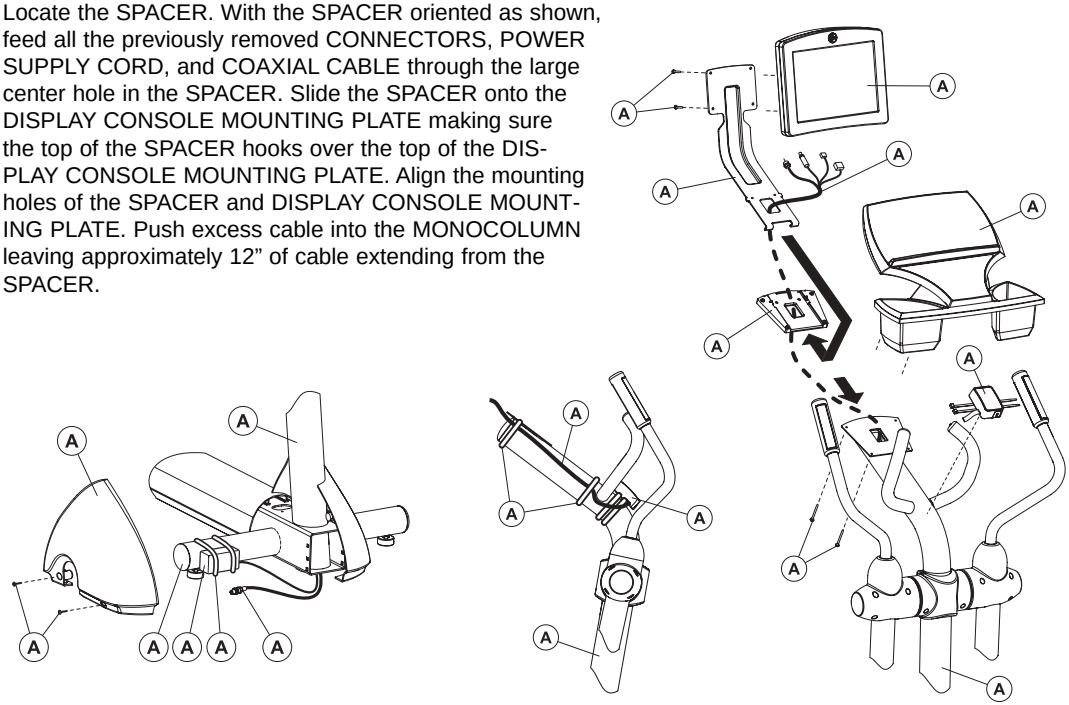


16. Reverse STEPS 1 through 3 to return the LEFT SHROUD and MONOCOLUMN SHROUD to their proper positions. Tighten the SCREWS securely. Do not over-tighten the SCREWS.

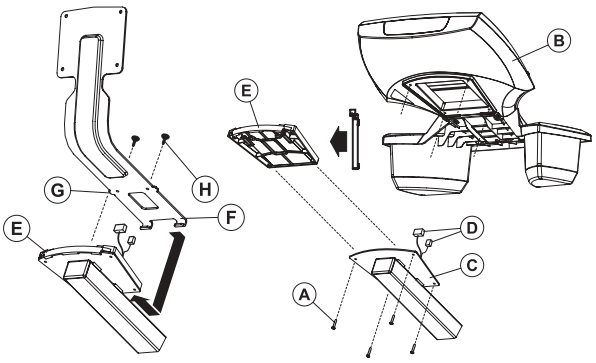
MODELS 9500HRR, 9100, 8500 CROSS-TRAINERS

TOOLS REQUIRED: *Phillips Screwdriver, Side Cutters, 1/8" Allen Wrench, Flexible Fish Tape*

1. Remove the four SCREWS securing the DISPLAY CONSOLE to the CONSOLE MOUNTING PLATE. Carefully raise the DISPLAY CONSOLE from the MOUNTING PLATE and disconnect all CONNECTORS. Note the locations of all CONNECTORS. Set the DISPLAY CONSOLE and SCREWS aside.
2. Locate the COAXIAL CABLE and FEMALE-FEMALE COUPLER. Attach the FEMALE-FEMALE COUPLER to one end of the COAXIAL CABLE.
3. Locate the POWER SUPPLY and POWER CORD EXTENSION CABLE KIT. Attach the POWER CORD EXTENSION as instructed in the kit.
4. With the POWER SUPPLY and the female connector end of the COAXIAL CABLE located near the FRONT STABILIZER, route the cables together along the FRAME as shown using CABLE TIES at the locations indicated. The cables should be taught, secure, and free of the alternator and any moving parts. Secure the POWER SUPPLY to the FRONT STABILIZER using two CABLE TIES as shown.
5. Using a "Flexible Fish Tape", feed the POWER SUPPLY CORD and COAXIAL CABLE (male connector end) up through the MONOCOLUMN ASSEMBLY along side the MAIN WIRE HARNESS. Leave approximately 12 " of both cables extending from the DISPLAY CONSOLE MOUNTING PLATE.
6. Locate the REMOTE CONTROL. Remove the two HORIZONTAL CABLE TIES (H) for a VERTICAL (V) installation. Secure the REMOTE CONTROL to the top of the HANDLEBAR as shown. Be sure the CABLE TIES are pulled tight and trim the excess CABLE TIES.
7. Loop the CONNECTOR CABLE under the HANDLEBAR and secure it to the top of the CONSOLE EXTENSION TUBE using one CABLE TIE at the location shown.
8. Locate the SPACER. With the SPACER oriented as shown, feed all the previously removed CONNECTORS, POWER SUPPLY CORD, and COAXIAL CABLE through the large center hole in the SPACER. Slide the SPACER onto the DISPLAY CONSOLE MOUNTING PLATE making sure the top of the SPACER hooks over the top of the DISPLAY CONSOLE MOUNTING PLATE. Align the mounting holes of the SPACER and DISPLAY CONSOLE MOUNTING PLATE. Push excess cable into the MONOCOLUMN leaving approximately 12" of cable extending from the SPACER.



9. Locate the MOUNTING BRACKET. With the MOUNTING BRACKET oriented as shown, feed all the CONNECTORS through the large center hole in the MOUNTING BRACKET. Route the POWER SUPPLY CORD and COAXIAL CABLE through the channel located at the top of the spacer. Align the LOCATING TABS of the MOUNTING BRACKET with the tab slots and position the MOUNTING BRACKET into the center channel of the SPACER. Slide the MOUNTING BRACKET upward until it locks solidly in the SPACER. Secure the MOUNTING BRACKET to the SPACER using two FLAT HEAD SCREWS. Tighten the SCREWS securely.



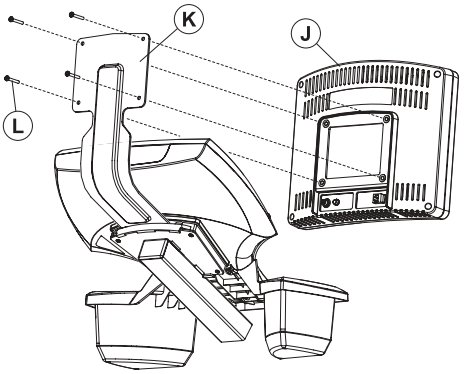
10. Position the DISPLAY CONSOLE near the MOUNTING BRACKET and re-connect all CONNECTORS to the rear of the DISPLAY CONSOLE. Place the DISPLAY CONSOLE onto the MOUNTING BRACKET and secure it using the four new 1-1/2" SCREWS supplied. Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

CAUTION: *Do not pinch any wires when assembling the DISPLAY CONSOLE to the MOUNTING BRACKET.*

11. Attach the ENTERTAINMENT CONSOLE to the UPPER MOUNTING PLATE using four SCREWS. Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

12. Connect the COAXIAL CABLE, POWER CABLE and REMOTE CABLE to the rear of the ENTERTAINMENT CONSOLE as shown under *Console Cable Connections* at the end of this section.

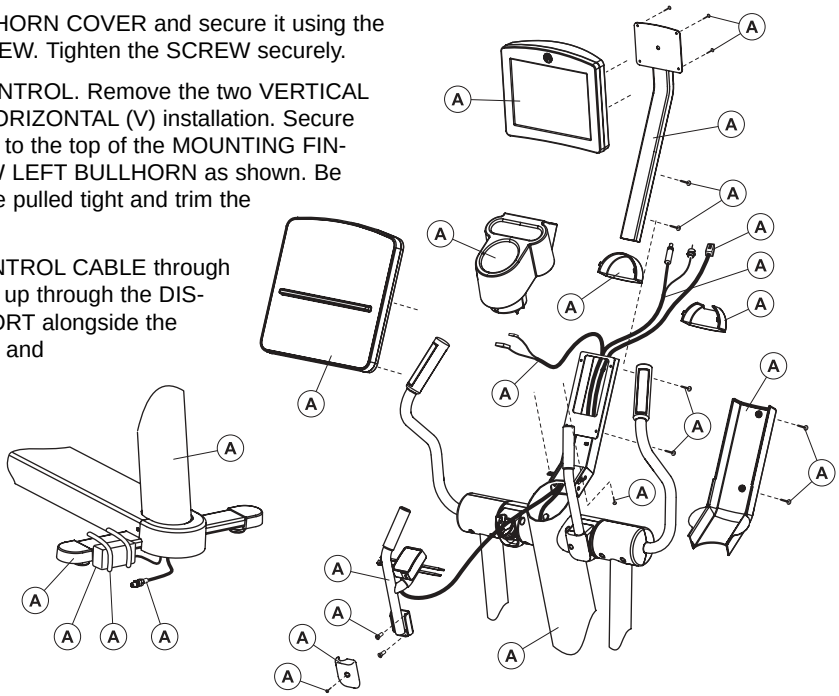
13. CABLE TIE any excess cable together behind the ENTERTAINMENT CONSOLE and position the cables between the ENTERTAINMENT CONSOLE BRACKET and the DISPLAY CONSOLE.



MODELS 97XI, 95XI, 93X, 90X CROSS-TRAINERS

TOOLS REQUIRED: *Phillips Screwdriver, Side Cutters, T-45 Torx Wrench, Flexible Fish Tape*

1. Locate the COAXIAL CABLE and FEMALE-FEMALE COUPLER. Attach the FEMALE-FEMALE COUPLER to one end of the COAXIAL CABLE.
2. Remove the two SCREWS securing the ACCESSORY TRAY to the CONSOLE MOUNTING PLATE. Carefully raise theACCESSORY TRAY from the MONOCOLUMN and set it and the SCREWS aside.
3. Carefully remove the TOP CAP by squeezing inward on the sides and lifting upward. Discard the TOP CAP.
4. Remove the two SCREWS securing the DISPLAY COSOLE SUPPORT COVER to the DISPLAY COSOLE SUPPORT. Set the DISPLAY COSOLE SUPPORT COVER and SCREWS aside.
5. Remove the four SCREWS securing the DISPLAY CONSOLE to the DISPLAY CONSOLE SUPPORT. Carefully raise the DISPLAY CONSOLE from the MOUNTING PLATE and disconnect all CONNECTORS. Note the locations of all CONNECTORS. Set the DISPLAY CONSOLE and SCREWS aside.
6. With the POWER SUPPLY located near the FRONT STABILIZER, secure the POWER SUPPLY to the FRONT STABILIZER using two CABLE TIES as shown.
7. Using a “Flexible Fish Tape”, feed the POWER SUPPLY CORD and COAXIAL CABLE (male connector end) up through the MONOCOLUMN ASSEMBLY along side the MAIN WIRE HARNESS. Leave approximately 12 “ of both cables extending from the DISPLAY CONSOLE SUPPORT.
8. Remove the SCREW securing the LEFT BULLHORN COVER. Set the LEFT BULLHORN COVER and SCREW aside.
9. Remove the two SCREWS securing the LEFT BULLHORN to the LEFT BULLHORN MOUNTING PLATE. Remove the LEFT BULLHORN. Locate the supplied NEW LEFT BULLHORN. Secure it in place using the two previously removed SCREWS. Tighten the SCREWS to 15-20 ft-lbs.
10. Replace the LEFT BULLHORN COVER and secure it using the previously removed SCREW. Tighten the SCREW securely.
11. Locate the REMOTE CONTROL. Remove the two VERTICAL CABLE TIES (H) for a HORIZONTAL (V) installation. Secure the REMOTE CONTROL to the top of the MOUNTING FINGER located on the NEW LEFT BULLHORN as shown. Be sure the CABLE TIES are pulled tight and trim the excess CABLE TIES.
12. Route the REMOTE CONTROL CABLE through the MONOCOLUMN and up through the DISPLAY CONSOLE SUPPORT alongside the POWER SUPPLY CORD and COAXIAL CABLE.



13. Locate the LCD MOUNTING BRACKET. With the mountin holes in the tube facing downward, slide the tube portion of the LCD CONSOLE MOUNTING BRACKET into the top of the DISPLAY CONSOLE SUPPORT. Align the inserts in the tube with the mouting holes on the underside of the DISPLAY CONSOLE SUPPORT. Secure the LCD MOUNTING BRACKET using tow SCREWS. Tighten the screws securely.

    CAUTION: *Do not to pinch and cables when inserting the LCD MOUNTING BRACKET into the DISPLAY CONSOLE SUPPORT.*

14. Position the DISPLAY CONSOLE near the *DISPLAY CONSOLE SUPPORT* and re-connect all CONNECTORS to the rear of the DISPLAY CONSOLE. Place the DISPLAY CONSOLE onto the *DISPLAY CONSOLE SUPPORT* and secure it using the four previously removed SCREWS. Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

    CAUTION: *Do not pinch any wires when assembling the DISPLAY CONSOLE to the DISPLAY CONSOLE SUPPORT.*

15. Position the ACCESSORY TRAY at the top of the *MONOCOLUMN.* Carefully slide the ACCESSORY TRAY into the MONOCOLUMN and secure it using the two previously removed SCREWS. Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

    NOTE: *Feed any excess REMOTE CONTROL CABLE into the MONOCOLUMN.*

    CAUTION: *Do not pinch any wires when inserting the ACCESSORY TRAY into the MONOCOLUMN.*

16. Attach the ENTERTAINMENT CONSOLE to the UPPER MOUNTING PLATE using four SCREWS. Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

17. Connect the COAXIAL CABLE, POWER CABLE and REMOTE CABLE to the rear of the ENTERTAINMENT CONSOLE as shown under *Console Cable Connections* at the end of this section.

18. CABLE TIE any excess cable together behind the ENTERTAINMENT CONSOLE and position the cables between the ENTERTAINMENT CONSOLE BRACKET and the DISPLAY CONSOLE.

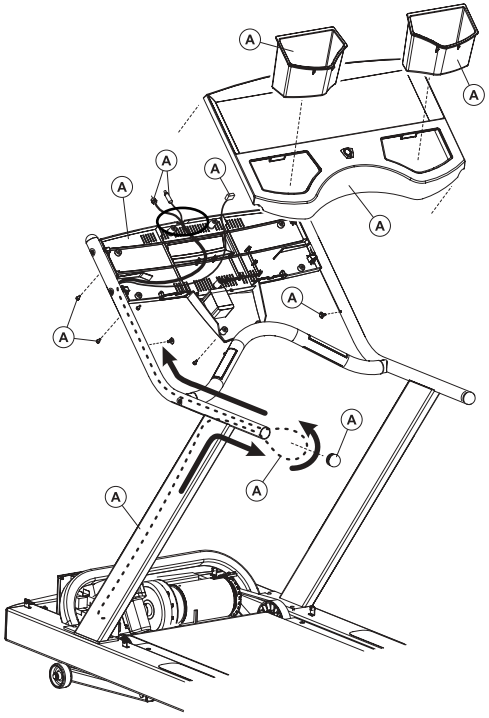
19. Replace the DISPLAY COSOLE SUPPORT COVER and secure it using the two previously removed SCREWS.

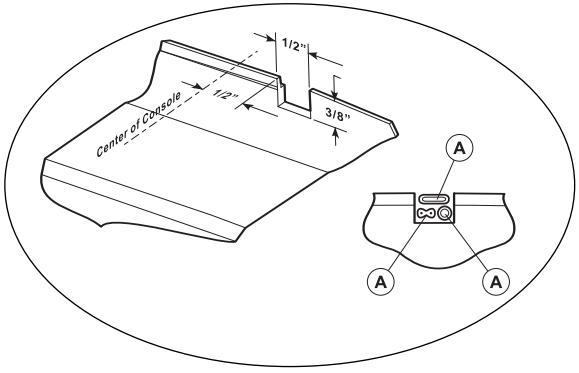
20. Locate the NEW TOP CAP. Place the NEW TOP CAP into position at the top of the DISPLAY COSOLE SUPPORT COVER. Be sure the TOP CAP snaps securely in place.

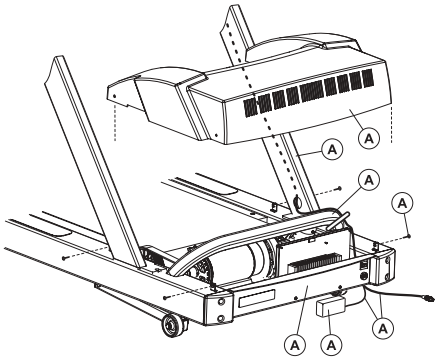
MODELS 9000, 8500, 91Ti, 90T TREADMILLS

TOOLS REQUIRED: *Standard Screwdriver, Phillips Screwdriver, Metric Hex Key Set, Adjustable Wrench, Side Cutters, Flexible Fish Tape*

1. Remove the four SCREWS securing the MOTOR COVER. Set the MOTOR COVER and SCREWS aside.
2. Remove the PUNCH TAB located in the bottom, front, left of the MOTOR PAN.
3. Remove the LEFT LOWER HANDLEBAR ENDCAP and set it aside
4. Remove the two ACCESSORY TRAYS by pressing inward firmly at the top rear of each ACCESSORY TRAY and pushing the trays upward
5. Remove the eight SCREWS from the rear of the console securing the FRONT CONSOLE to the REAR CONSOLE. Remove the two PLASTIC RIVOTS located on the lower, inner sides of the FRONT CONSOLE. Carefully lift the FRONT CONSOLE and remove all CONNECTORS. Note the locations of all CONNECTORS. Set the FRONT CONSOLE and SCREWS aside.
6. Locate the COAXIAL CABLE and FEMALE-FEMALE COUPLER. Attach the FEMALE-FEMALE COUPLER to one end of the COAXIAL CABLE.
7. Locate the POWER SUPPLY and POWER CORD EXTENSION CABLE KIT. Attach the POWER CORD EXTENSION as instructed in the kit.
8. Using a “Flexible Fish Tape”, feed the POWER CORD and COAXIAL CABLE (male connector end) up through the MOTOR PAN HOLE, LEFT UPRIGHT and out the LEFT HANDLEBAR. Using the “Flexible Fish Tape”, feed the POWER SUPPLY CORD and COAXIAL CABLE (male connector end) up through the LEFT HANDLEBAR and out the LEFT ACCESS HOLE located at the top of the LEFT HANDLEBAR near the console edge. along side the MAIN WIRE HARNESS. Secure the POWER CORD and COAXIAL CABLE in the MOTOR COMPARTMENT using two CABLE TIES at the locations shown.

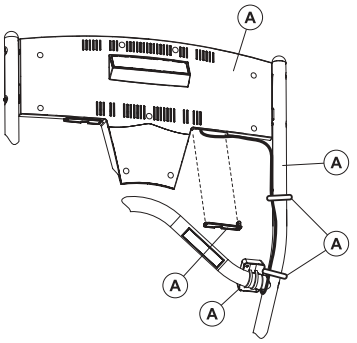






9. Starting approximately 1/2” from the top center of the REAR CONSOLE, Create a 1/2” wide by 3/8” deep notch in the REAR CONSOLE top.

10. Locate the REMOTE CONTROL. Remove the two HORIZONTAL CABLE TIES (H) for a VERTICAL (V) installation. Secure the REMOTE CONTROL to the left end of the ERGO CROSSBAR as shown. Be sure the CABLE TIES are pulled tight and trim the excess CABLE TIES.



11. Route the REMOTE CONTROL CABLE along the LEFT HANDLEBAR. Secure the REMOTE CONTROL CABLE using two CABLE TIES in the locations shown. Be sure the CABLE TIES are pulled tight and trim the excess CABLE TIES. Route the remaining REMOTE CONTROL CABLE along the handlebar and up through the DISPLAY CONSOLE ACCESS PANEL.

12. With the POWER CORD, COAXIAL CABLE and REMOTE CONTROL CORD oriented in the TOP CONSOLE NOTCH as shown, replace the CONSOLE CONNECTORS and secure the FRONT CONSOLE using the eight previously removed SCREWS. Tighten the SCREWS securely.

13. Replace the ACCESSORY TRAYS. Be sure the trays snap securely into position.

14. Replace and secure the MOTOR COVER using the four previously removed SCREWS. Tighten the SCREWS securely.

15. Replace the LEFT LOWER HANDLEBAR ENDCAP. Be sure the trays snap securely into position.

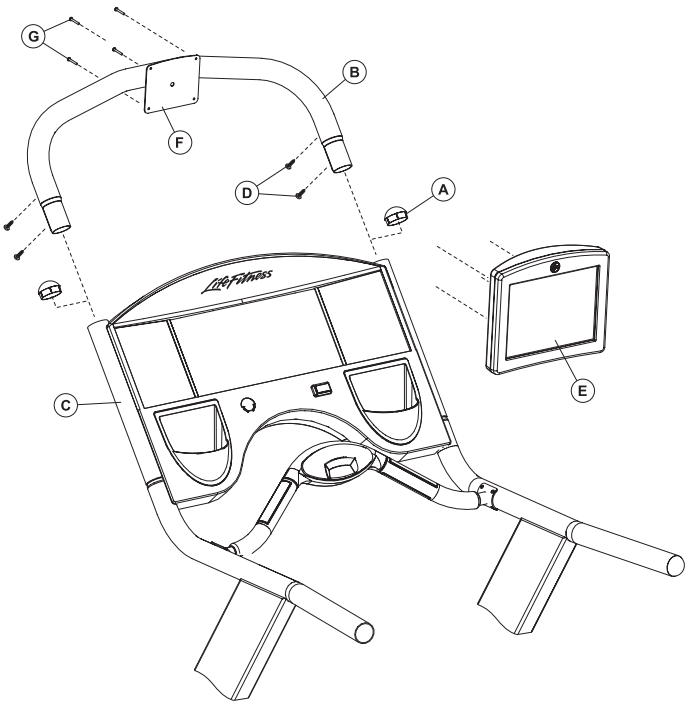
16. Remove the LEFT and RIGHT UPPER HANDLEBAR ENDCAPS and discard them.

17. Position the BRACKET TUBE (B) as shown and slide the ends into the HANDRAILS (C) until fully seated.

18. Install the four SET SCREWS (D) into the BRACKET TUBE MOUNTING ARMS and tighten the SET SCREWS securely.

19. Attach the ENTERTAINMENT CONSOLE (E) to the UPPER MOUNTING PLATE (F) using four SCREWS (G). Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

20. Connect the COAXIAL CABLE and POWER CABLE to the rear of the ENTERTAINMENT CONSOLE (E) as shown under *Console Cable Connections* at the end of this section.



MODELS 9700HR, 9500HR, 9100, 9000 TREADMILLS

TOOLS REQUIRED: *Standard Screwdriver, Phillips Screwdriver, Metric Hex Key Set, Adjustable Wrench, Side Cutters, Flexible Fish Tape*

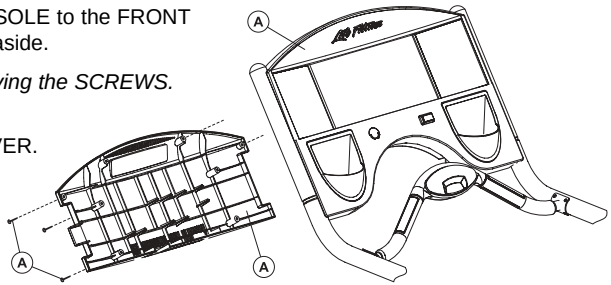
1. Remove the eight SCREWS securing the REAR CONSOLE to the FRONT CONSOLE. Set the REAR CONSOLE and SCREWS aside.

   CAUTION: *Support the REAR CONSOLE when removing the SCREWS. Do not let the REAR CONSOLE drop.*

2. Remove the four SCREWS securing the MOTOR COVER. Set the MOTOR COVER and SCREWS aside.

3. Remove the two SCREWS securing the FRONT LEFT FRAME CAP. Set the FRONT LEFT FRAME CAP and SCREWS aside.

4. Remove the LEFT LOWER HANDLEBAR ENDCAP and set it aside



5. Remove the six BOLTS and WASHERS securing the UPRIGHTS to the FRAME. With the help of another person, carefully lift the UPRIGHTS off of the UPRIGHT BRACKETS. Carefully set the UPRIGHTS and CONSOLE onto the TREADMILL BASE. Set the BOLTS aside.

   CAUTION: Be careful not to damage the MAIN WIRE HARNESS when lifting the UPRIGHTS AND CONSOLE from the UPRIGHT BRACKETS. Be careful not to damage the PAINT when setting the UPRIGHTS AND CONSOLE on the TREADMILL BASE.

6. Locate the COAXIAL CABLE and FEMALE-FEMALE COUPLER. Attach the FEMALE-FEMALE COUPLER to one end of the COAXIAL CABLE.

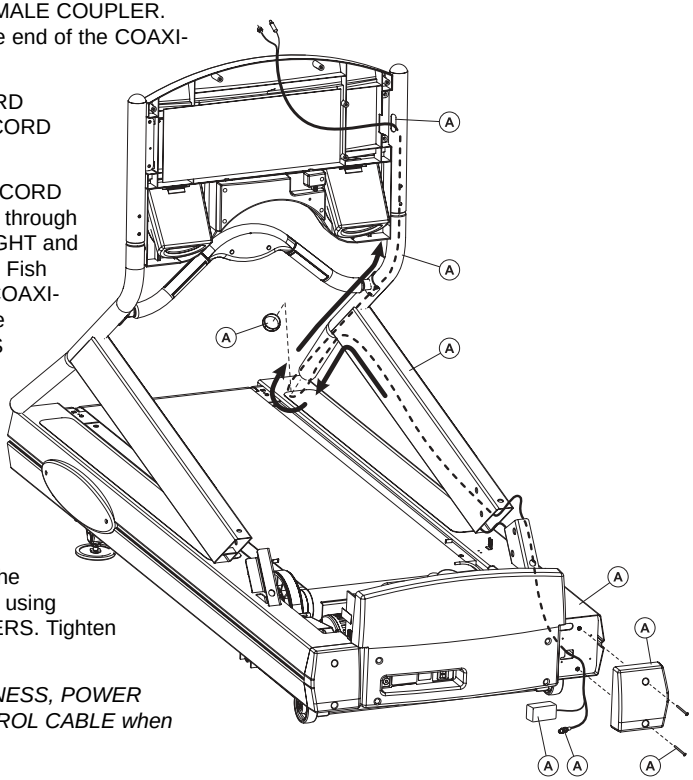
7. Locate the POWER SUPPLY and POWER CORD EXTENSION CABLE KIT. Attach the POWER CORD EXTENSION as instructed in the kit.

8. Using a “Flexible Fish Tape”, feed the POWER CORD and COAXIAL CABLE (male connector end) up through the LEFT FRONT FRAME PLATE, LEFT UPRIGHT and out the LEFT HANDLEBAR. Using the “Flexible Fish Tape”, feed the POWER SUPPLY CORD and COAXIAL CABLE (male connector end) up through the LEFT HANDLEBAR and out the LEFT ACCESS HOLE located at the top of the LEFT HANDLEBAR near the console edge. along side the MAIN WIRE HARNESS.

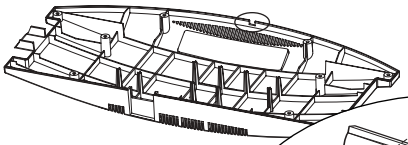
   NOTE: *Approximately 6” of POWER CORD and COAXIAL CABLE should extend from the top of the DISPLAY CONSOLE*

9. With the help of another person, lift the UPRIGHTS and CONSOLE up and back over the UPRIGHT BRACKETS. Secure the UPRIGHTS using the six previously removed BOLTS and WASHERS. Tighten the BOLTS securely.

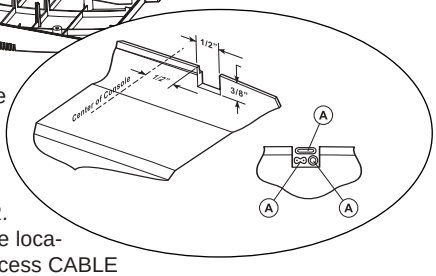
   CAUTION: *Do not pinch the MAIN WIRE HARNESS, POWER CORD, COAXIAL CABLE, or REMOTE CONTROL CABLE when installing the UPRIGHTS.*



10. Starting approximately 1/2” from the top center of the REAR CONSOLE, Create a 1/2” wide by 3/8” deep notch in the REAR CONSOLE top.

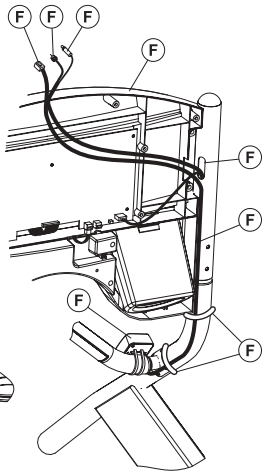


11. Locate the REMOTE CONTROL. Remove the two HORIZONTAL CABLE TIES (H) for a VERTICAL (V) installation. Secure the REMOTE CONTROL to the left end of the ERGO CROSSBAR as shown. Be sure the CABLE TIES are pulled tight and trim the excess CABLE TIES.

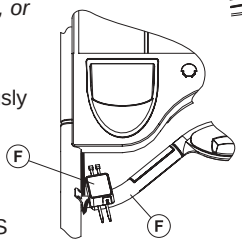


12. Route the REMOTE CONTROL CABLE along the LEFT HANDLEBAR. Secure the REMOTE CONTROL CABLE using two CABLE TIES in the locations shown. Be sure the CABLE TIES are pulled tight and trim the excess CABLE TIES. Route the remaining REMOTE CONTROL CABLE along the handlebar and up near the LEFT ACCESS HOLE of the LEFT HANDLEBAR. Route the REMOTE CONTROL CABLE up alongside the POWER CORD and COAXIAL CABLE.

13. Locate the REAR CONSOLE and SCREWS. Position the REAR CONSOLE near the back of the FRONT CONSOLE. Position the POWER CORD, COAXIAL CABLE, and REMOTE CONTROL CABLE into the notch as shown. Place the REAR CONSOLE into position against the FRONT CONSOLE and secure it with the eight previously removed SCREWS.



CAUTION: *Do not pinch the POWER CORD, COAXIAL CABLE, or REMOTE CONTROL CABLE when installing the REAR CONSOLE.*



14. Replace and secure the MOTOR COVER using the four previously removed SCREWS. Tighten the SCREWS securely.

15. Replace the LEFT LOWER HANDLEBAR ENDCAP. Be sure the trays snap securely into position.

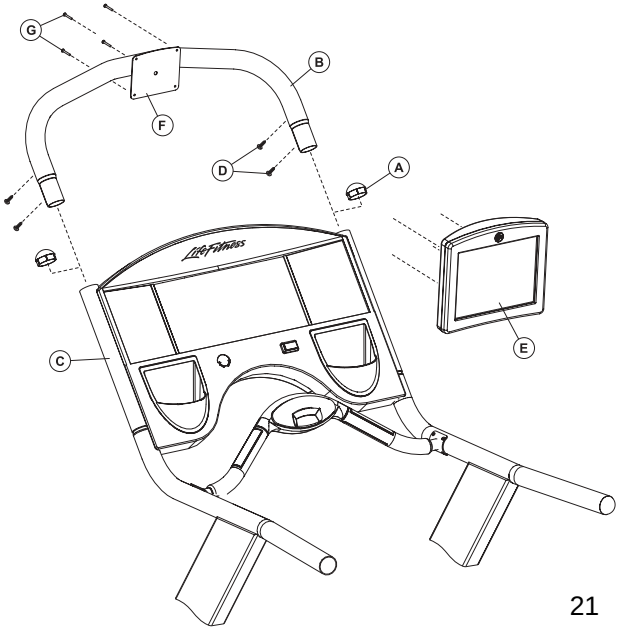
16. Remove the LEFT and RIGHT UPPER HANDLEBAR ENDCAPS and discard them.

17. Position the BRACKET TUBE (B) as shown and slide the ends into the HANDRAILS (C) until fully seated.

18. Install the four SET SCREWS (D) into the BRACKET TUBE MOUNTING ARMS and tighten the SET SCREWS securely.

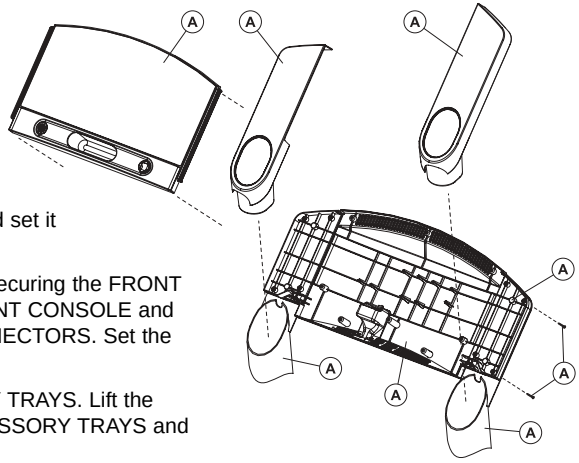
19. Attach the ENTERTAINMENT CONSOLE (E) to the UPPER MOUNTING PLATE (F) using four SCREWS (G). Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.

20. Connect the COAXIAL CABLE and POWER CABLE to the rear of the ENTERTAINMENT CONSOLE (E) as shown under *Console Cable Connections* at the end of this section.

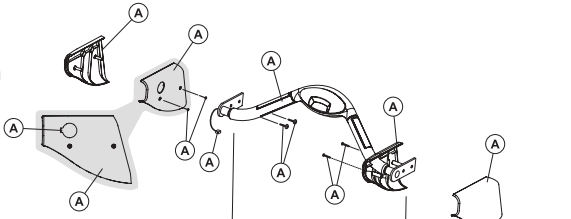


MODELS 97TI, 95TI, 93T TREADMILLS

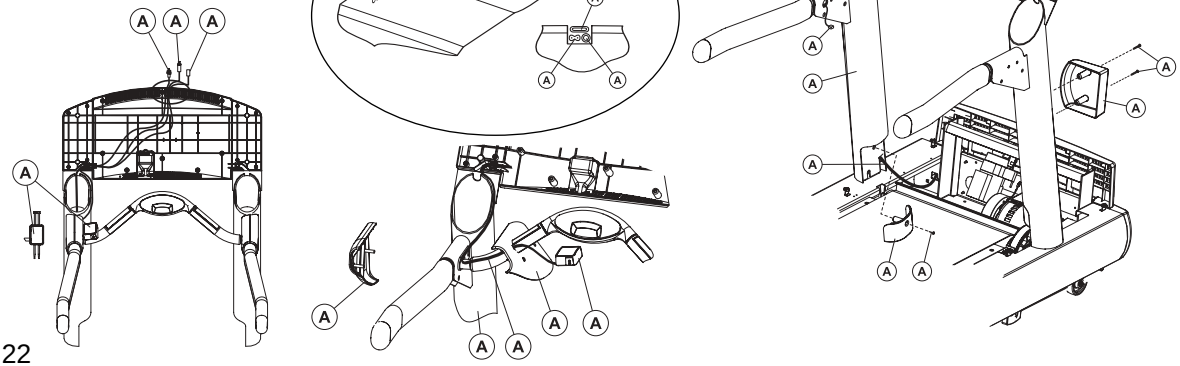
TOOLS REQUIRED: *Standard Screwdriver, Phillips Screwdriver, Metric Hex Key Set, Adjustable Wrench, Side Cutters, Flexible Fish Tape*



1. Remove the four SCREWS securing the MOTOR COVER. Set the MOTOR COVER and SCREWS aside.
2. Remove the SCREW securing the LEFT LOWER UPRIGHT COVER. Remove the LEFT LOWER UPRIGHT COVER and set it and the SCREW aside.
3. Remove the two SCREWS securing the LEFT FRONT FRAME CAP. Remove the LEFT FRONT FRAME CAP and set it and the SCREWS aside.
4. Remove the eight SCREWS from the rear of the console securing the FRONT CONSOLE to the REAR CONSOLE. Carefully lift the FRONT CONSOLE and remove all CONNECTORS. Note the locations of all CONNECTORS. Set the FRONT CONSOLE and SCREWS aside.
5. Remove the four SCREWS from each of the ACCESSORY TRAYS. Lift the ACCESSORY TRAYS from the UPRIGHTS. Set the ACCESSORY TRAYS and SCREWS aside.
6. Remove the two SCREWS from each of the INSIDE HANDLEBAR COVERS. Remove the OUTSIDE HANDLEBAR COVERS and set them aside. Slide the INSIDE HANDLEBAR COVERS inward and remove the two screws securing each end of the ERGO CROSSBAR. Slowly raise the ERGO CROSSBAR upward from between the HANDLEBARS. Disconnect the 2-PIN LIFEPULSE CONNECTORS. Set the ERGO CROSSBAR and SCREWS aside.



7. Remove the LEFT INNER HANDLEBAR COVER from the ERGO CROSSBAR. Create a 1/2” wide by 1/4” deel notch at the front of the ERGO CROSSBAR hole as shown.
8. Starting approximately 1/2” from the top center of the REAR CONSOLE, Create a 1/2” wide by 3/8” deep slot in the REAR CONSOLE top.
9. Locate the REMOTE CONTROL. Remove the two HORIZONTAL CABLE TIES (H) for a VERTICAL (V) installation. Position the remote control near the left end of the ergo crossbar.



Feed the REMOTE CONTROL CABLE through the LEFT INNER HANDLEBAR COVER as shown. Replace the LEFT INNER HANDLEBAR COVER onto the ERGO CROSSBAR.

NOTE: *Be careful not to pinch the LIFEPULSE CABLE when replacing the LEFT INNER HANDLEBAR COVER.*

10. Position the ERGO CROSSBAR between the HANDLEBARS. Connect the 2-PIN LIFEPULSE CONNECTORS. Secure the ERGO CROSSBAR in place using the four previously removed SCREWS. Tighten the SCREWS securely.

    NOTE: *Be careful not to pinch the LIFEPULSE CABLE when replacing the ERGO CROSSBAR.*

11. Position the RIGHT OUTER HANDLEBAR COVER near the right end of the ERGO CROSSBAR. Secure it to the RIGHT INNER HANDLEBAR cover using two previously removed SCREWS. Tighten the SCREWS securely.

12. First routing the REMOTE CONTROL CABLE forward along the HANDLEBAR as shown, position and secure the LEFT INNER and OUTER HANDLEBAR COVERS. Tighten the SCREWS securely.

13. Secure the REMOTE CONTROL to the left end of the ERGO CROSSBAR as shown. Be sure the CABLE TIES are pulled tight and trim the excess CABLE TIES. Route the remaining REMOTE CONTROL CABLE along the edge of the LEFT UPRIGHT, up through the cable guide and through to the top of the DISPLAY CONSOLE.

14. Locate the COAXIAL CABLE and FEMALE-FEMALE COUPLER. Attach the FEMALE-FEMALE COUPLER to one end of the COAXIAL CABLE.

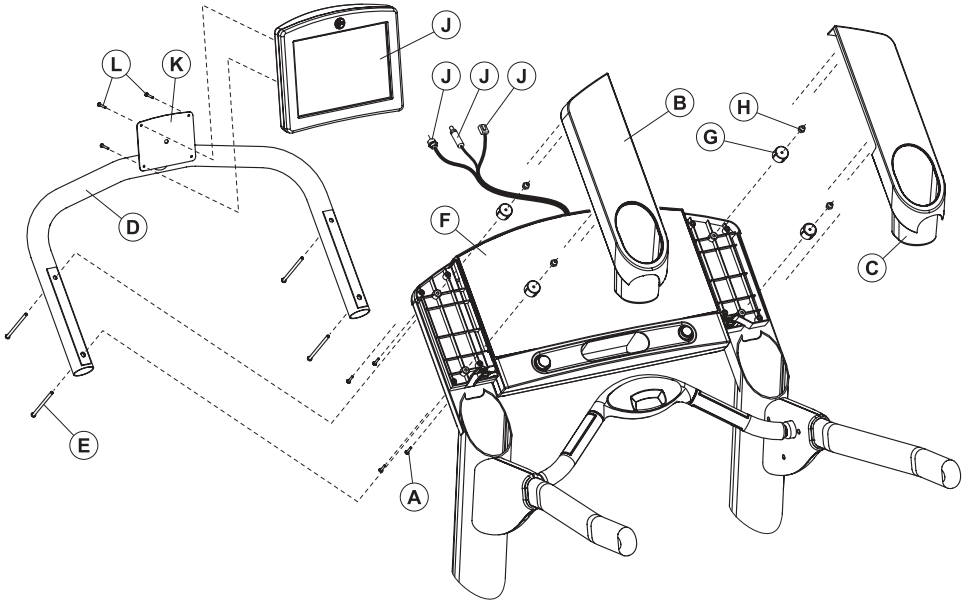
15. Locate the POWER SUPPLY and POWER CORD EXTENSION CABLE KIT. Attach the POWER CORD EXTENSION as instructed in the kit.

16. Using a “Flexible Fish Tape”, feed the POWER SUPPLY CORD and COAXIAL CABLE (male connector end) up through the FRONT FRAME ACCESS HOLE and LEFT UPRIGHT. Route the POWER CORD and COAXIAL CABLE through the cable guide and through to the top of the DISPLAY CONSOLE.

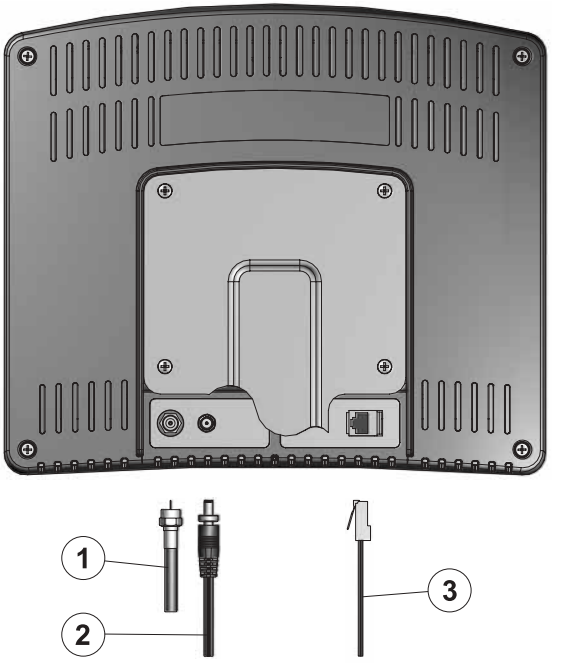
17. With the POWER CORD, COAXIAL CABLE and REMOTE CONTROL CORD oriented in the TOP CONSOLE SLOT as shown, replace the CONSOLE CONNECTORS and secure the FRONT CONSOLE using the eight previously removed SCREWS. Tighten the SCREWS securely.

    NOTE: *All CABLES should be routed throught the CABLE GUIDE located at the lower left of the REAR CONSOLE. Be careful not to pinch the LIFEPULSE CABLE when replacing the ERGO CROSSBAR.*

18. If through-holes in the four CONSOLE BOSSES are not present, use a 5/16” drill from the top center of the four CONSOLE BOSSES to create through-holes.
19. Locate the four RETAINING SPACERS (G). Position the RETAINING SPACERS over the CONSOLE BOSSES (E) as shown. Be sure the RETAINING SPACERS are fully nested over the structural ribs inside the CONSOLE (F).
20. Position the BRACKET TUBE (D) with the MOUNTING PLATES facing upward as shown. Position two SCREWS (E) on either side throught the CONSOLE BOSSES. Install four NYLOCK NUTS (H) onto the installed SCREWS (E) securing the RETAINING SPACERS and BRACKET TUBE to the CONSOLE. Tighten the NYLOCK NUTS securely. Do not over-tighten the NYLOCK NUTS.
21. Replace the RIGHT and LEFT ACCESSORY TRAYS (B & C) and re-install the previously removed eight SCREWS (A). Tighten the SCREWS securely. Do not over-tighten the SCREWS.
22. Attach the ENTERTAINMENT CONSOLE (J) to the UPPER MOUNTING PLATE (K) using four SCREWS (L). Tighten the SCREWS to 6-8 in-lbs. Do not overtighten the SCREWS.
23. Connect the COAXIAL CABLE and POWER CABLE to the rear of the ENTERTAINMENT CONSOLE (E) as shown under *Console Cable Connections* at the end of this section.



Console Cable Connections



1. Coaxial Cable Input (from cable / antenna)

2. Power Adapter Input

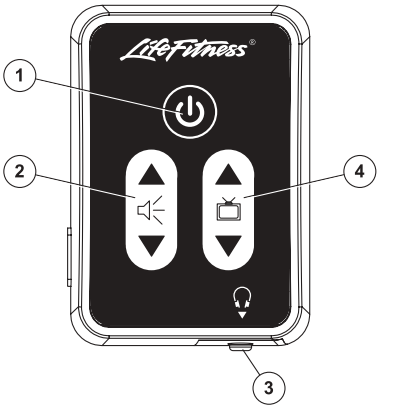
3. Remote Control Cable Input

System Setup

Turn the power on by pressing the ON/OFF button (1) on the remote control.

The volume can be increased or decreased by pressing the up or down VOLUME ARROW KEYS (2). A volume indicator will appear on the console while the volume is being adjusted. The volume indicator will disappear after five seconds of inactivity. Headphones are necessary to hear any volume adjustments. Plug headphones into the HEADPHONE JACK (3) located on the remote control.

Channels can be selected by scrolling up or down through available channels by pressing the up or down CHANNEL ARROW KEYS (4). A channel indicator will appear on the console while the channel is being selected. The channel indicator will disappear after five seconds of inactivity.



HOW TO ACCESS MENUS

Turn the power on by pressing the ON/OFF button on the remote control. Wait at least five seconds before proceeding.

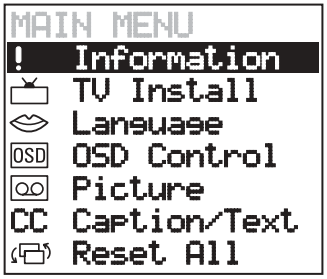
To access the system setup menus, press and hold the ON/OFF button on the remote control for five seconds. The main system setup menu will appear.

Use the VOLUME ARROW KEYS on the remote control to scroll through the available option.

Use the CHANNEL DOWN ARROW KEY on the remote control to select an option.

Use the UP CHANNEL ARROW KEY on the remote control to step backwards through selected menu options.

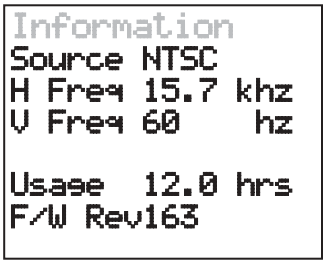
The menu(s) will automatically close after ten second of inactivity.



INFORMATION MENU

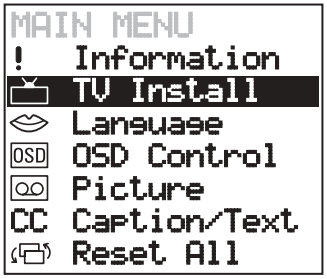
Selecting the INFORMATION menu will display the current system settings.

NOTE: No information can be changed from this menu.



TV INSTALL MENU

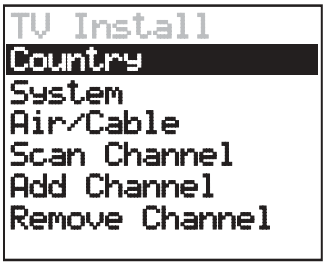
Selecting TV INSTALL will display options to modify current signal settings.

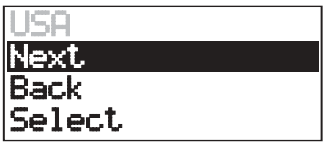


COUNTRY

Selecting COUNTRY will display a menu from which available coutries can be selected. Selecting the proper country ensures the receiver is configured for the correct broadcast type.

Use the VOLUME ARROW KEYS on the remote control to highlight either next or back in the COUNTRY menu. Use the CHANNEL DOWN ARROW KEY to progress through the available countries. When the desired country appears, use the VOLUME ARROW KEYS to highlight the SELECT option and press the CHANNEL DOWN ARROW KEY to accept the selection.





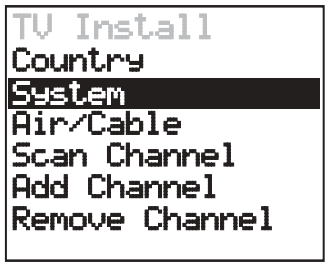
Available Countries:

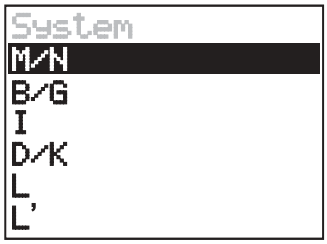
Argentina
Aruba
Australia
Austria
Bahamas
Bahrain
Bangladesh
Barbados
Belgium
Bonaire
Bosnia
Brazil
Caribbean
Cayman Islands
Chile
China
Colombia
Costa Rica
Curacao
Cyprus
Czech Republic
Dominican Republic
Ecuador
Egypt
El Salvador
Ethiopia
Finland
France
Germany
Ghana
Greece
Guatemala Honduras
Hong Kong
Hungary
Iceland
India
Indonesia
Ireland
Israel
Italy
Japan
Jordan
Kenya
Korea
Kuwait
Lebanon
Malaysia
Mexico
Moldova
Nepal
New Zealand
Nicaragua
Norway
Pakistan
Panama
Peru
Philippines
Poland
Portugal
Puerto Rico
Qatar
Romania
Russia
Saudi Arabia
Singapore
Slovakia
South Africa
Spain
Sri Lanka
St. Martin
Sweden
Switzerland
Syria
Taiwan
Thailand
Turkey
United Arab Emirates
United Kingdom
Venezuela

SYSTEM

Selecting SYSTEM displays a selection of compatable PAL broadcast types. This input will override settings made when choosing a COUNTRY in the TV INSTALL menus.

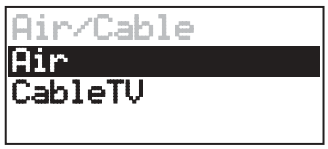
Selecting the wrong input will result in a distorted broadcast picture. The program display is not affected by the input selection.





AIR/CABLE

Selecting AIR/CABLE will display a menu from which either standard air broadcast or cable television can be selected as the input preference.

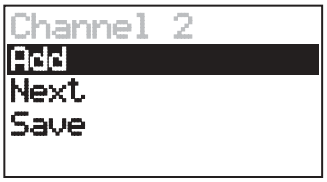


SCAN CHANNEL

Selecting SCAN CHANNEL will begin the automatic channel discovery sequence. The system will automatically seek and lock onto all available channels. When the screen stops flashing through the available channels, the sequence is complete.

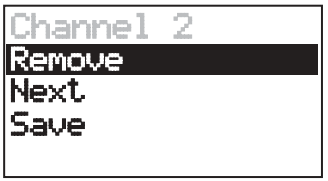
ADD CHANNEL

Selecting ADD CHANNEL will add an available channel that has been previously removed from the viewable listing. Use the ADD selection to add a channel. Use the next selection to advance to the NEXT available channel. Continue adding as necessary until finished. Use the SAVE selection to save the channel additions.



REMOVE CHANNEL

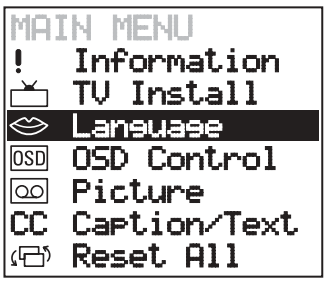
Selecting REMOVE CHANNEL will remove a channel from the viewable listing. Use the REMOVE selection to remove a channel. Use the next selection to advance to the NEXT available channel. Continue removing as necessary until finished. Use the SAVE selection to save the channel removals.



LANGUAGE MENU

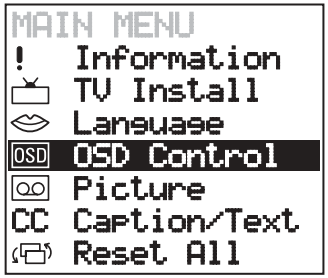
Selecting LANGUAGE will display a menu from which available languages can be selected in which to display setup menus.

Use the VOLUME ARROW KEYS on the remote control to highlight the DESIRED language. Select the NEXT option to view additional language choices. Use the CHANNEL DOWN ARROW KEY to accept the selection.



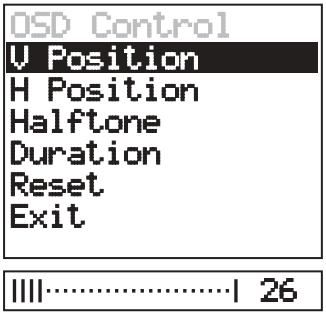
OSD (ON SCREEN DISPLAY) CONTROL MENU

Selecting the OSD CONTROL menu will display options to modify current On Screen Display settings including VERTICAL POSITION, HORIZONTAL POSITION, HALFTONE, and DURATION.



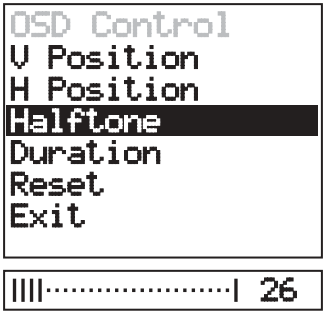
VERTICAL POSITION

Selecting VERTICAL POSITION will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the vertical position of where the setup menus appear can be modified. Use the VOLUME UP ARROW to move the menu upward and the VOLUME DOWN ARROW to move the menu downward on the screen.



HORIZONTAL POSITION

Selecting HORIZONTAL POSITION will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the horizontal position of where the setup menus appear can be modified. Use the VOLUME UP ARROW to move the menu to the right and the VOLUME DOWN ARROW to move the menu to the left on the screen.

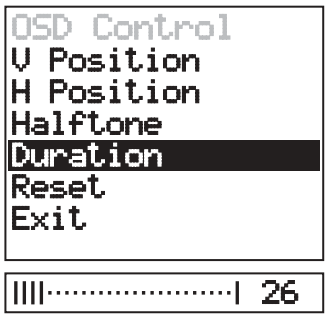


HALFTONE

Selecting HALFTONE will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the density of the setup menus can be modified. Use the VOLUME UP ARROW to increase the density and the VOLUME DOWN ARROW to decrease the density of the menus on the screen.

DURATION

Selecting DURATION will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the display duration time of the setup menus can be modified. Use the VOLUME UP ARROW to increase the display duration time and the VOLUME DOWN ARROW to decrease the display duration time of the menus on the screen.



RESET

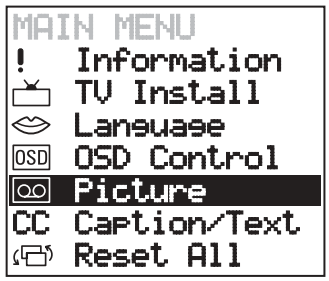
Selecting RESET will reset all OSD Control Menu options to the factory default settings.

EXIT

Selecting EXIT will save and close the system setup menus.

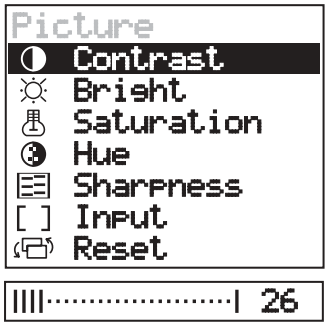
PICTURE MENU

Selecting the PICTURE menu will display options to modify current display quality settings including CONTRAST, BRIGHTNESS, SATURATION, HUE and SHARPNESS. The broadcast input type can be modified as well.



CONTRAST

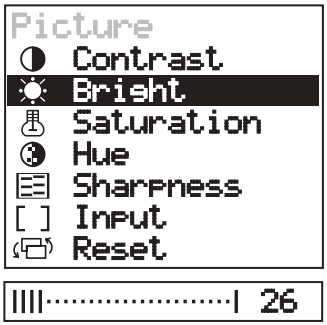
Selecting CONTRAST will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the picture contrast can be modified. Use the VOLUME UP ARROW to increase and the VOLUME DOWN ARROW to decrease the contrast.



PICTURE MENU (CONTINUED)

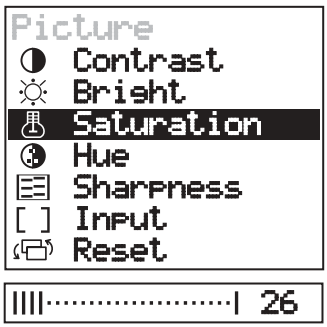
BRIGHT

Selecting BRIGHT will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the picture brightness can be modified. Use the VOLUME UP ARROW to increase and the VOLUME DOWN ARROW to decrease the brightness.



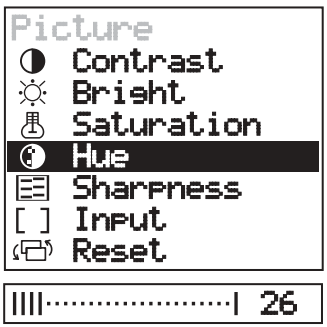
SATURATION

Selecting SATURATION will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the picture saturation can be modified. Use the VOLUME UP ARROW to increase and the VOLUME DOWN ARROW to decrease the saturation.



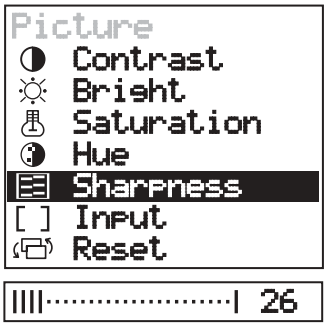
HUE

Selecting HUE will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the picture color hue can be modified. Use the VOLUME UP ARROW to increase and the VOLUME DOWN ARROW to decrease the picture color hue.



SHARPNESS

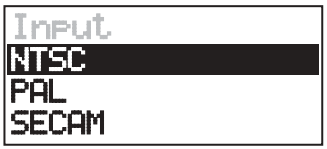
Selecting SHARPNESS will display a numeric indicator below the menu display. Using the VOLUME ARROW KEYS on the remote control, the picture sharpness can be modified. Use the VOLUME UP ARROW to increase and the VOLUME DOWN ARROW to decrease the picture sharpness.



INPUT

Selecting INPUT displays a selection of compatable broadcast types. This input will override settings made when choosing a COUNTRY in the TV INSTALL menus.

Selecting the wrong input will result in a distorted broadcast picture. The program display is not affected by the input selection.

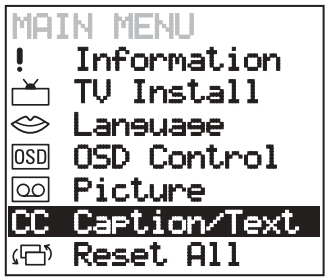


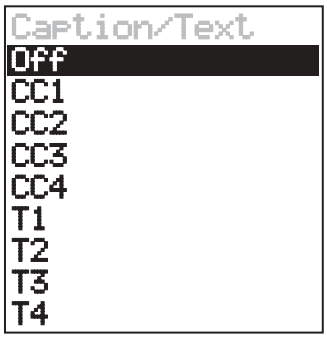
RESET

Selecting RESET will reset all PICTURE options, except input, to the factory default settings.

CAPTION / TEXT MENU

Selecting CAPTION/TEXT will display a menu listing ofpossible closed caption ot text channels.





RESET ALL

Selecting RESET ALL will return all settings to the original factory defaults.

TROUBLESHOOTING

If you are having a problem with your TV, try the suggestions below. If the problem persists, contact Life Fitness Customer Support Services as outlined in *Service Contacts* at the end of this manual.

Problem	Possible Solutions
Reset the TV to factory settings	Refer to the System Setup section for instruction on how to access the Reset All option.
No picture, no sound	Make sure the power cord is plugged in. Be sure the power is on by pressing the ON/OFF button on the remote control. Choose an alternate channel using the CHANNEL UP/DOWN ARROW KEYS.
Poor or no picture, good sound	Refer to the System Setup section for instruction on how to access the Picture Menu. Adjust the options as instructed to improve the picture quality. Check the antenna and/or cable connections.
Good picture, no sound	Press the volume up key on the remote control. (headphones are required to hear sound)
No color	Check the antenna and/or cable connections. Confirm the correct country is selected. Refer to the System Setup section for instruction on how to access the country option within the TV Install Menu. Refer to the System Setup section for instruction on how to access the Picture Menu. Adjust the Contrast, Hue and/or Saturation options as instructed to improve the picture quality.
Only snow appears on the screen	Check the antenna and/or cable connections. Make sure the channel selected is currently broadcasting. Confirm the correct Air/Cable option is selected. Refer to the System Setup section for instruction on how to access the Air/Cable option within the TV Install Menu.
Dotted lines or stripes	Adjust the antenna. Move the TV away from other electronic equipment. Some electronic equipment creates electrical noise, which can interfere with TV recep tion.
Double images or ghosts	Check your outdoor antenna or call your cable service.
Unable to switch to a particular TV channel	Confirm the correct Air/Cable option is selected. Refer to the System Setup section for instruction on how to access the Air/Cable option within the TV Install Menu. Perform a Scan Channel or add a channel manually. Refer to the System Setup section for instruction on how to access the Scan Channel or Add Channel option within the TV Install Menu.

OTHER INFORMATION

SPECIFICATIONS

Television system	American TV standard/NTSC
Channel coverage	VHF: 2-13/UHF: 14-69/CATV: 1-125
Antenna	75-ohm external antenna terminal for VHF/UHF
Screen Size	12.1 in. Diagonal, 800 x 600 TFT LCD
Power requirements	100V-240v, 50-60 Hz
External Power Supply	12v. DC
Headphone Jack	300 milliwatt, 3.5mm Stereo
Power Consumption	12 v. 1.5 amp DC
Broadcast Capabilities	NTSC-M, PAL-I, PAL-B/G, SECAM-L

LCD Console Dimensions

Length	-	12 in. (12 cm)
Width	-	12 in. (12 cm)
Depth	-	12 in. (12 cm)
Weight	-	109 lbs. 2 oz. (49.5 kg)

SERVICE CONTACTS

For Product Service within the United States and Canada:

Telephone: (+1) 847.451.0036
FAX: (+1) 847.288.3702
Toll-free telephone: 800.351.3737

For Product Service Internationally:

Life Fitness Europe GmbH (Germany)
Telephone: (+49) 089.317.751.66
FAX: (+49) 089.317.751.38

Life Fitness (UK) LTD
Telephone: (+44) 1353.665.507
FAX: (+44) 1353.666.719

Life Fitness Atlantic BV (Europe, Middle East & Africa, except local LF offices)
Life Fitness Benelux
Telephone: +31 180.646.666
FAX: +31 180.646.699

Life Fitness Italia S.R.L.
Telephone: 800.438.836
FAX: (+39) 0457.238.197

Life Fitness Austria Vertriebs GmbH
Telephone: (+43) 1615.7198
FAX: (+43) 1615.7198.20

Life Fitness Asia Pacific Ltd (Asia & Australia, except local LF offices)
Telephone: (+852) 2891.6677
FAX: (+852) 2575.6001

Life Fitness Latin America and Caribbean
Telephone: (+1) 847.288.3964
FAX: (+1) 847 288.3886

Life Fitness Brazil
Telephone: (+55) 11.4193.8282
FAX: (+55) 11.4193.8283

Life Fitness Japan
Telephone: (+81) 3.3359.4309
FAX: (+81) 3.3359.4307

Life Fitness Iberia (Spain)
Telephone: (+34) 93.672.4660
FAX: (+34) 93.672.4670